

Figure 1.1. Classical omega-3 and omega-6 fatty acid synthesis pathways and the role of omega-3 fatty acid in regulating health/disease markers.

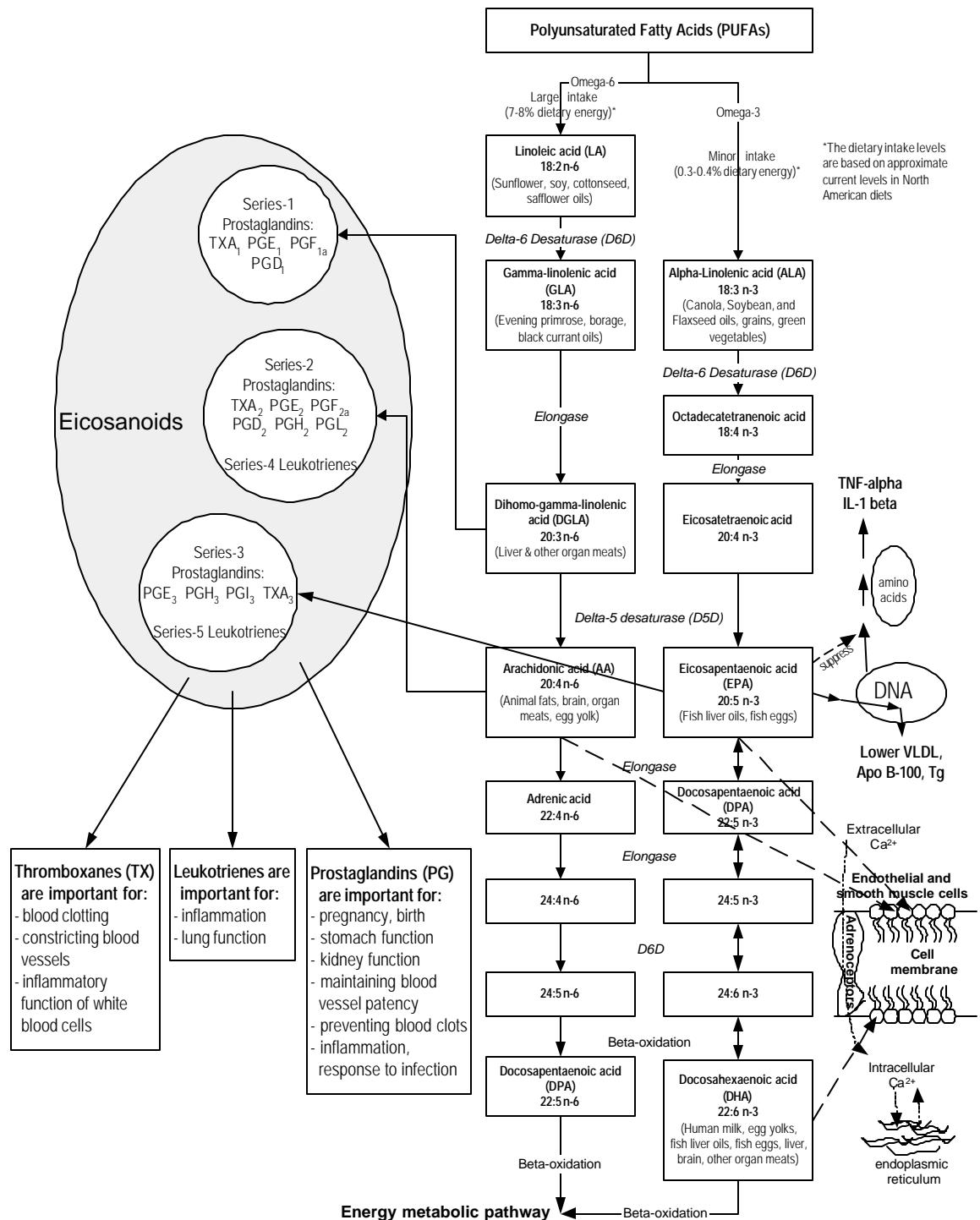
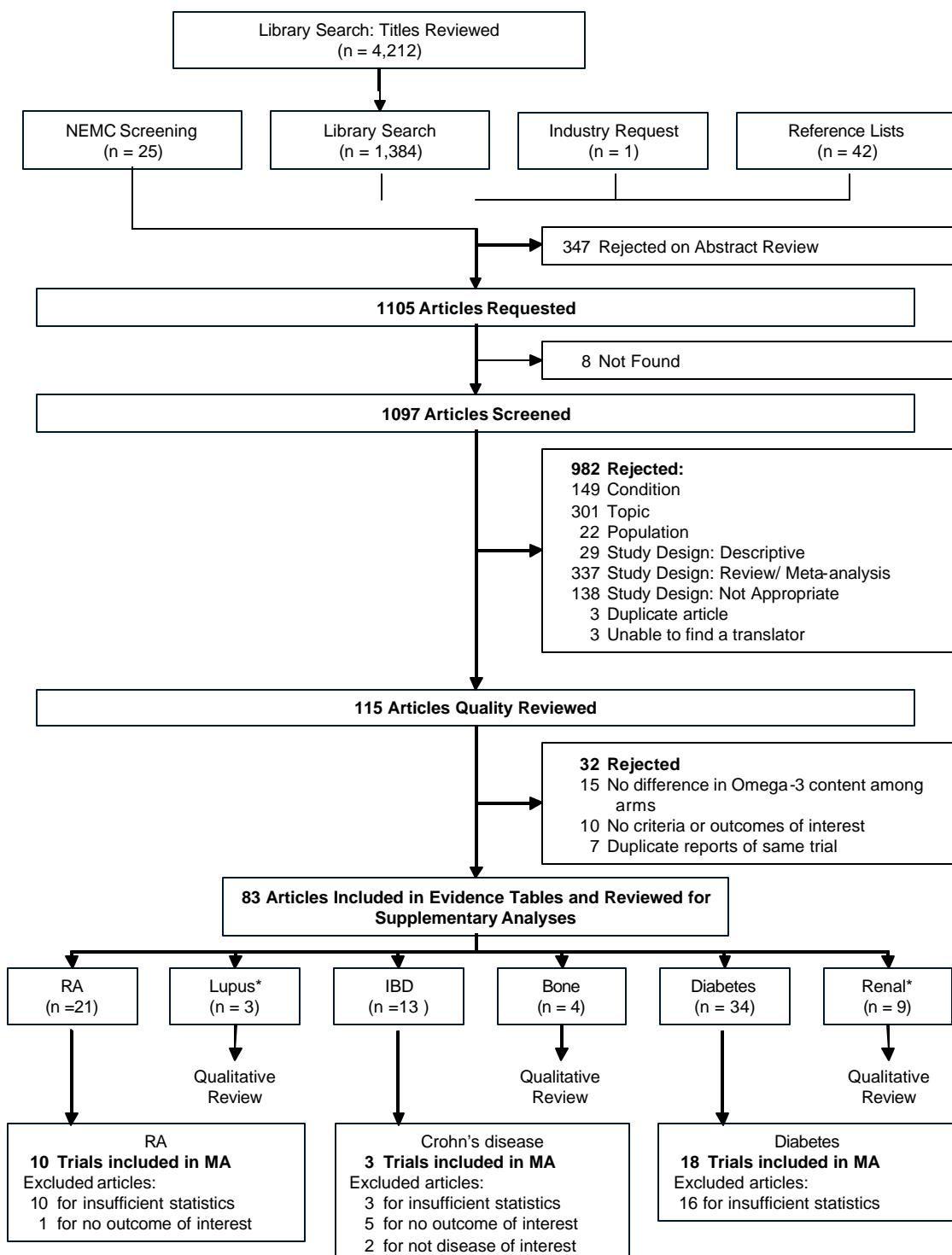


Figure 3.1. Literature flow.



* One article reported both lupus and renal outcomes.

Figure 3.2. Diabetes: total cholesterol.

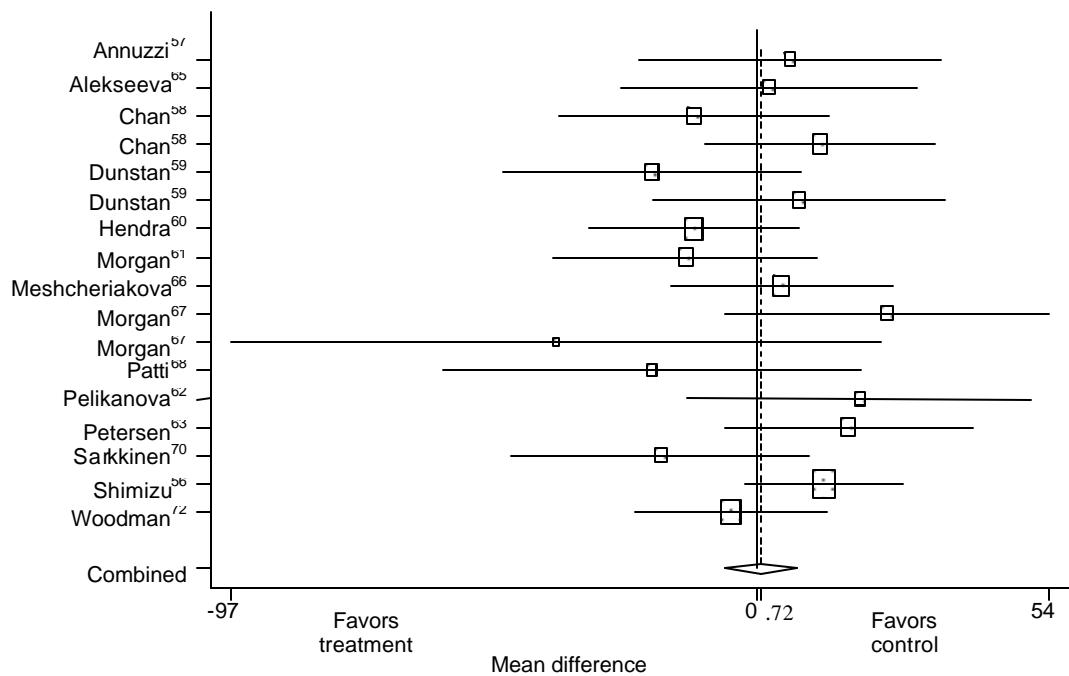


Figure 3.3. Diabetes: high density lipoprotein (HDL).

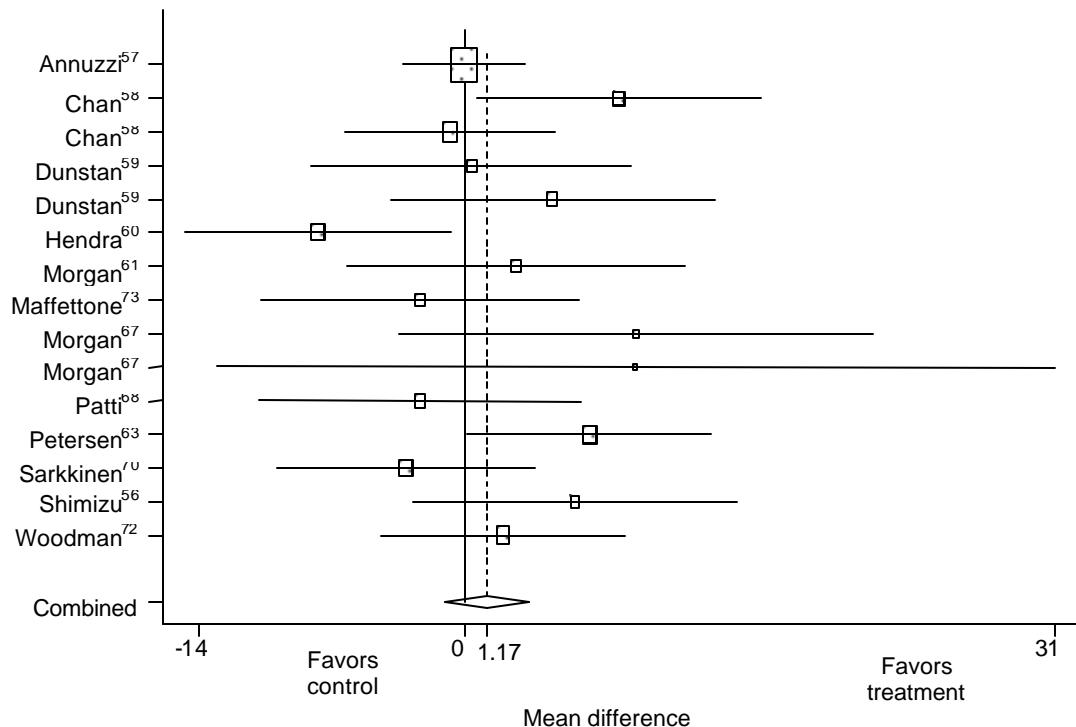


Figure 3.4. Diabetes: low density lipoprotein (LDL).

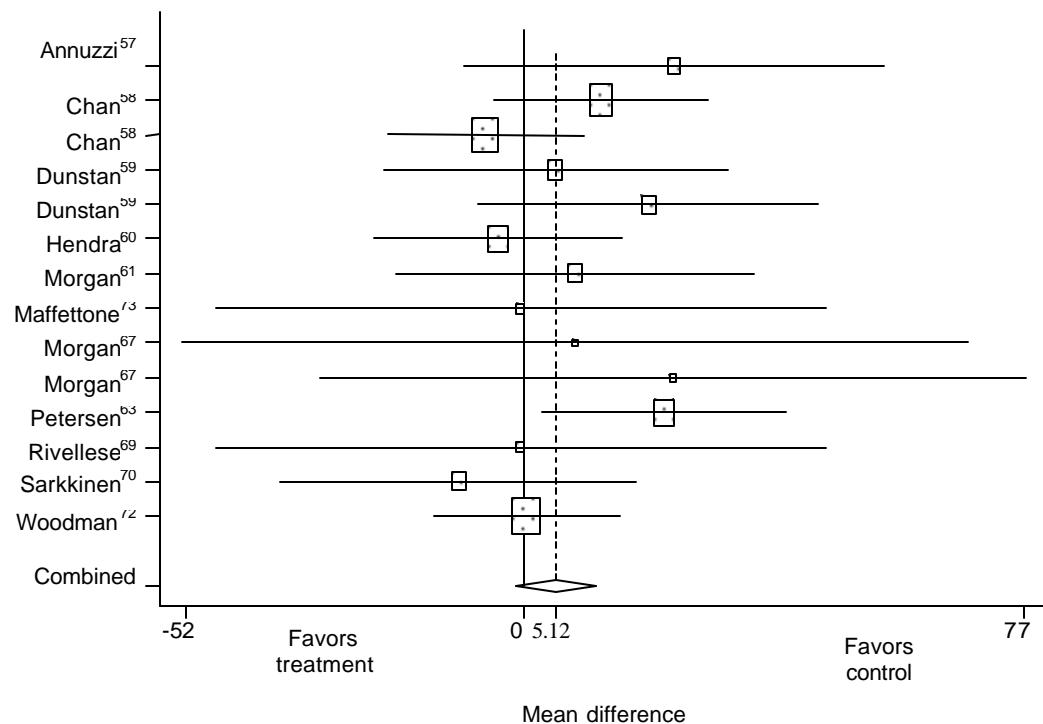


Figure 3.5. Diabetes: triglycerides.

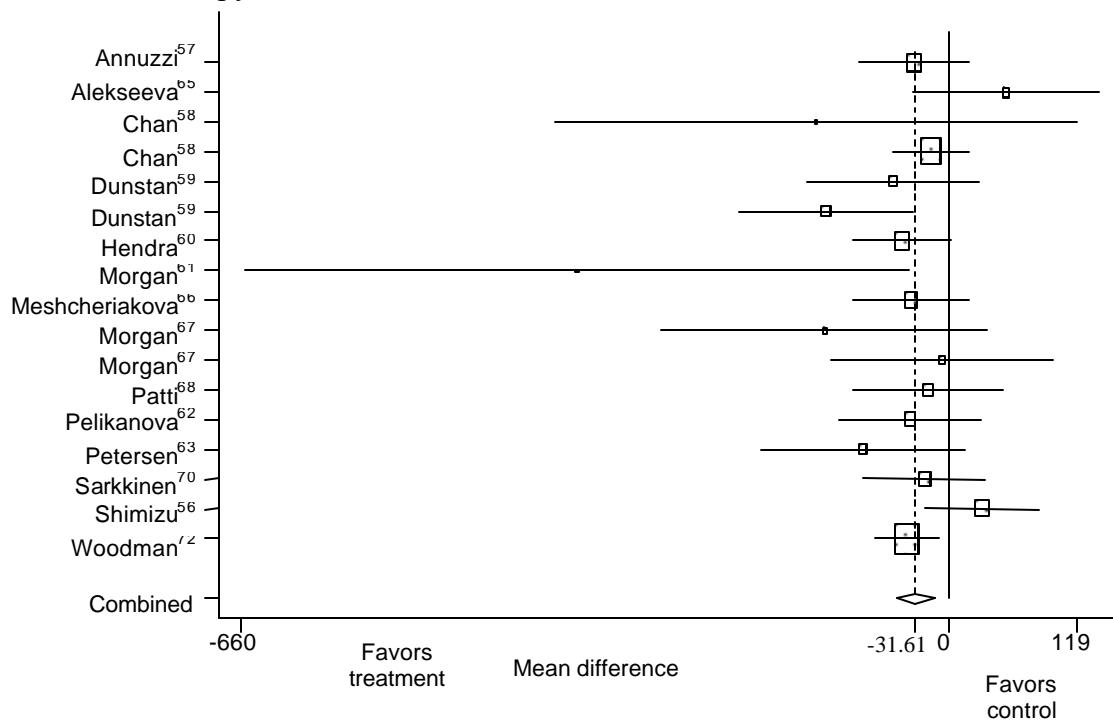


Table 3.10. Relationship between methodologic quality and applicability for estimates of effect of omega-3 fatty acid consumption on fasting blood sugar among people with type II diabetes.

		Methodological Quality					
Applicability	I	B			C		
		Study	n	Mean difference (95% CI)	Study	n	Mean difference (95% CI)
		Hendra ⁶⁰	80	21.62 (-18.06, 61.30)	Morgan ⁶¹	40	-14.41 (-52.95, 24.12)
	II	Morgan ⁶⁷	13	-41.00 (-114.16, 32.16)	Patti ⁶⁸	16	10.81 (-28.67, 50.29)
			12	-17.00 (-89.43, 55.43)			
	III	Sirtori ⁶⁴	414	4.30 (-2.82, 11.42)			
		Woodman ⁷²	51	19.81 (2.25, 37.37)	Annuzzi ⁵⁷	8	-7.93 (-66.18, 50.32)
					Dunstan ⁵⁹	24	9.01 (-33.00, 51.02)
						25	3.60 (-37.85, 45.06)

Figure 3.6. Diabetes: fasting blood glucose.

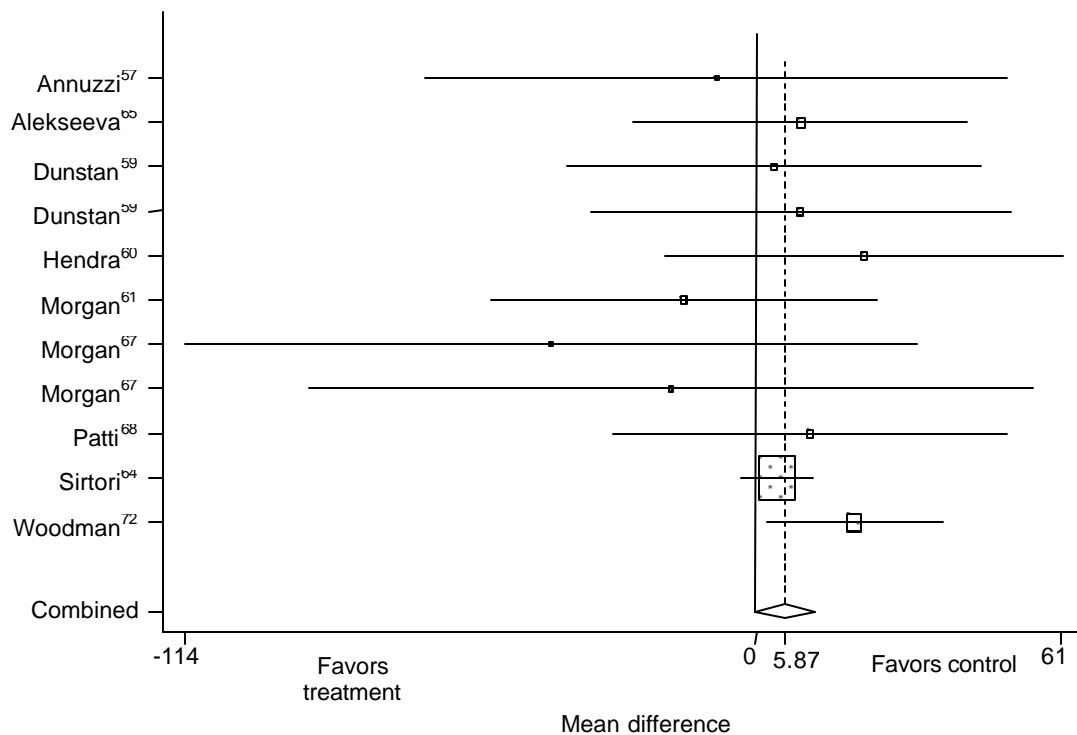


Figure 3.7. Diabetes: hemoglobin A1c (HgA1c).

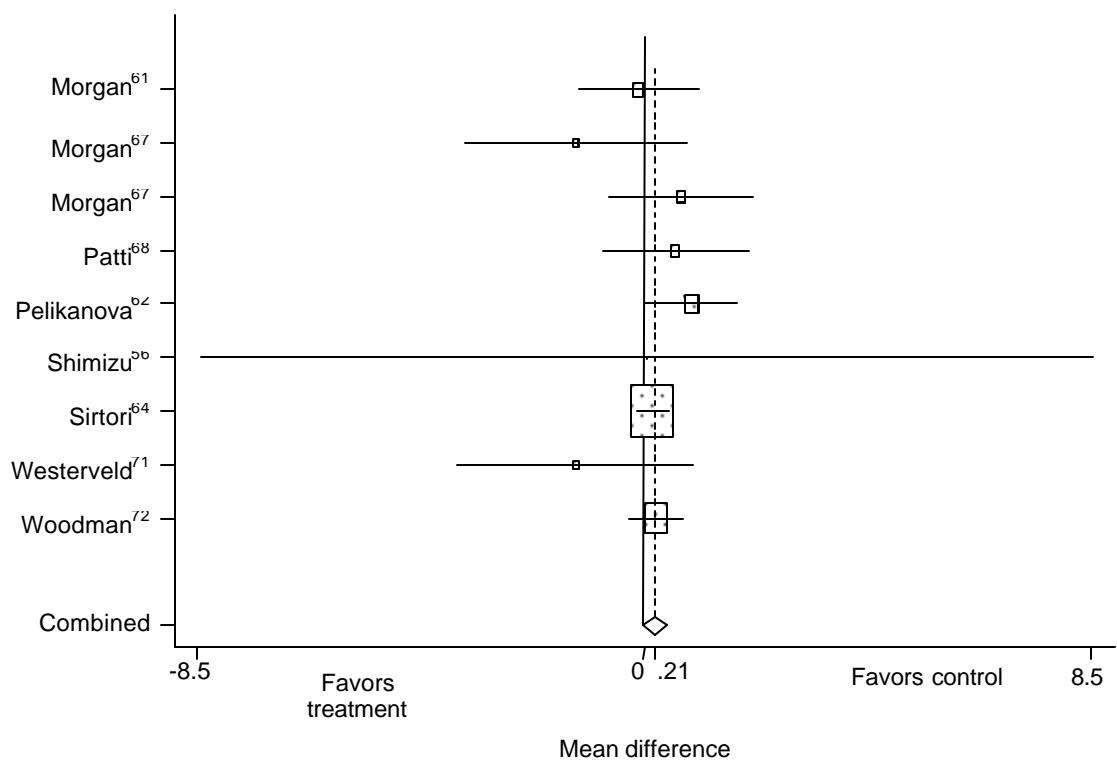


Table 3.14. Relationship between methodological quality and applicability for estimates of effect of omega-3 fatty acid consumption with ulcerative colitis disease for relapse/remission.

Methodological Quality						
Applicability	A	Study	B			C
			n	Relative Risk (95%, CI)		
	I	Loeschke ³⁹	64	1.06	(0.69, 1.64)	
	II	Mantzaris ⁴⁰	40	0.98	(0.36, 2.70)	
III		Hawthorne ⁴¹	69	1.32	(0.71, 2.46)	

Figure 3.8. Ulcerative colitis disease: relative risk of relapse.

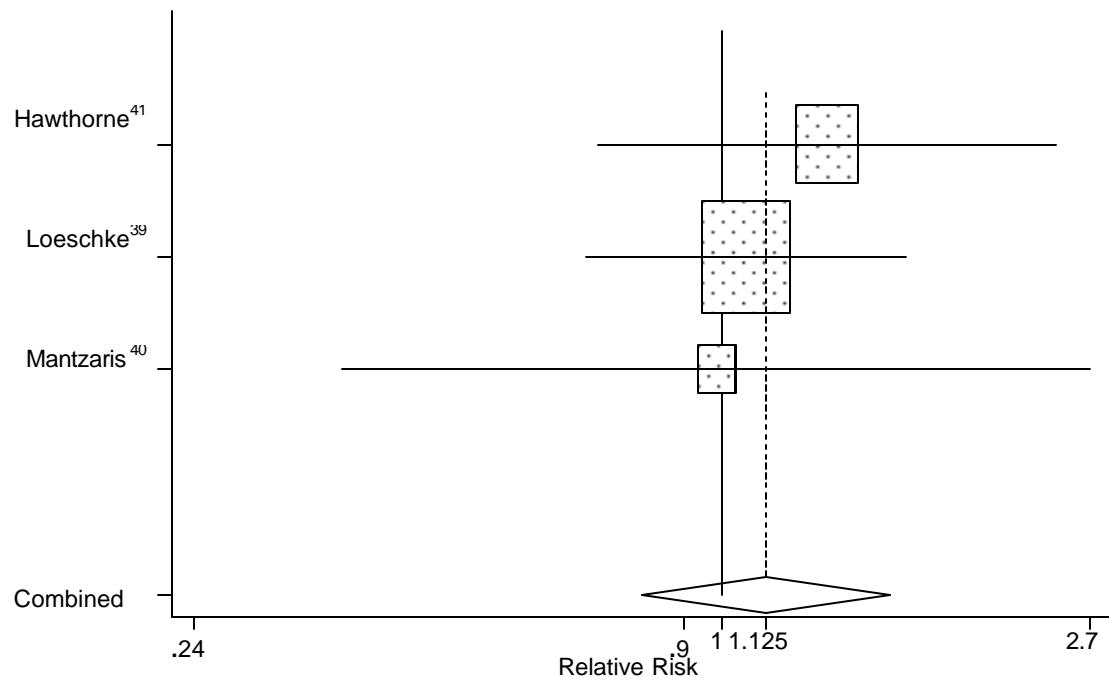


Table 3.16. Relationship between methodologic quality and applicability for estimates of effect of omega-3 fatty acid consumption on pain among people with rheumatoid arthritis.

Methodological Quality								
Applicability	A	B			C			
		Study	n	Effect Size(95% CI)	Study	n	Effect Size(95% CI)	
I		Cleland ¹⁶	46	-0.02 (-0.60, 0.56)		Kremer ¹⁹	49	-0.04 (-0.69, 0.61)
		Geusens ¹⁷	60	-0.04 (-0.57, 0.50)				
		Kremer ¹⁸	37	-0.13 (-0.78, 0.51)				
		Skoldstam ²⁵	43	0.04 (-0.56, 0.63)				
II		Tulleken ²⁴	27	-0.72 (-1.5, 0.06)		Magaro ²¹	20	0.41 (-0.48, 1.29)
III								

Figure 3.9. RA: patient assessment of pain.

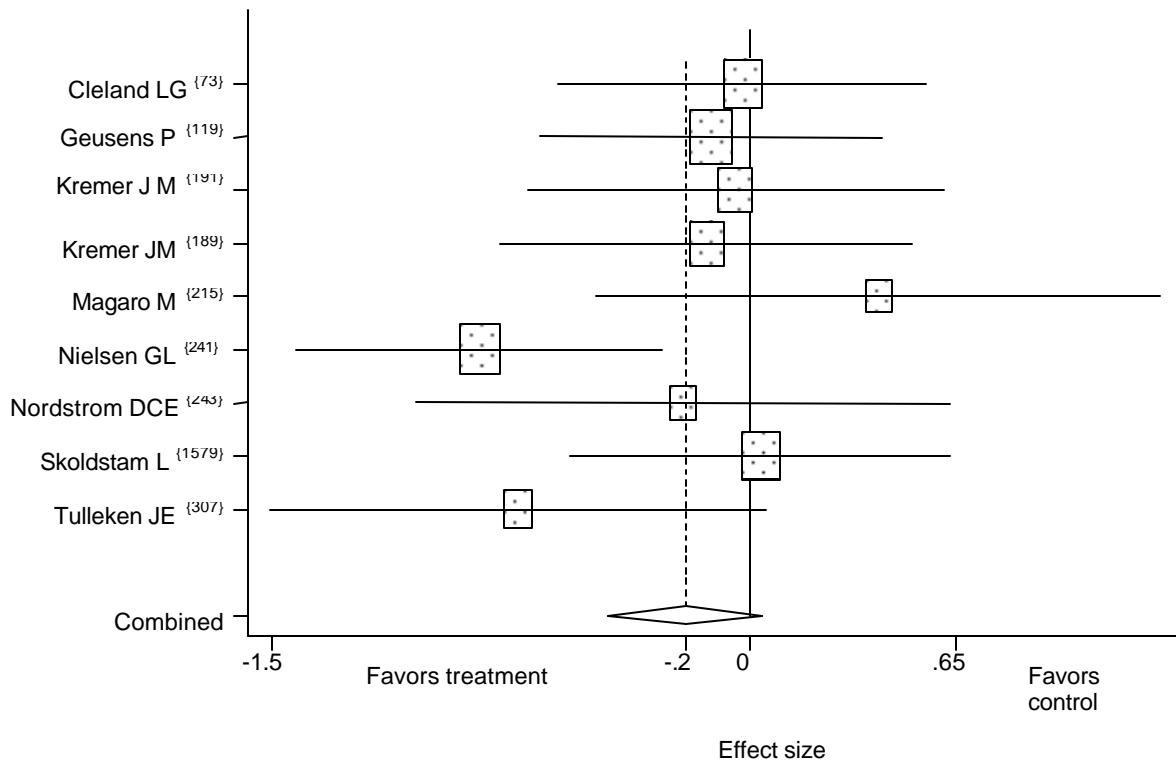


Figure 3.10. RA: swollen joint count.

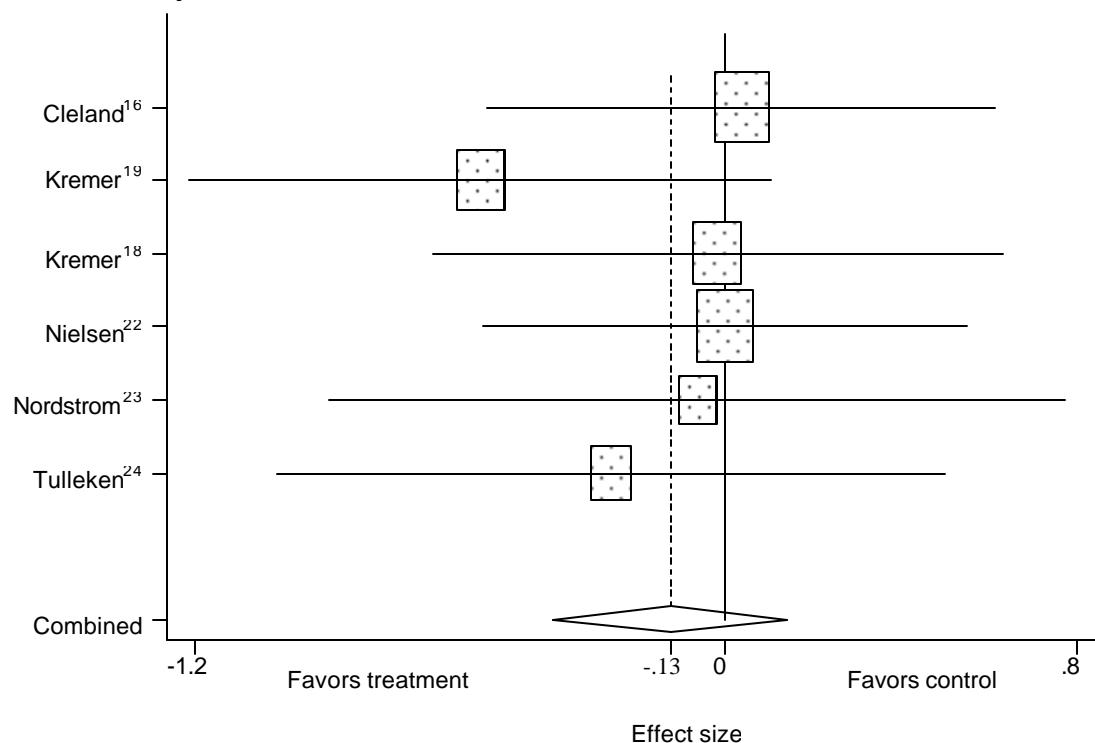


Table 3.20. Relationship between methodologic quality and applicability for estimates of effect of omega-3 fatty acid consumption on ESR among people with rheumatoid arthritis.

Methodological Quality									
Applicability	A	B			C				
	I	Study	n	Effect Size(95% CI)	Study	n	Effect Size(95% CI)		
	Kremer ¹⁸	37	-0.44	(-1.10, 0.21)					
	Skoldstam ²⁵	43	0.04	(-0.55, 0.64)					
	II	Tulleken ²⁴	27	-1.82	(-2.71, -0.92)	Magaro ²¹	20	-0.16	(-1.04, 0.72)
	III								

Figure 3.11. RA: ESR.

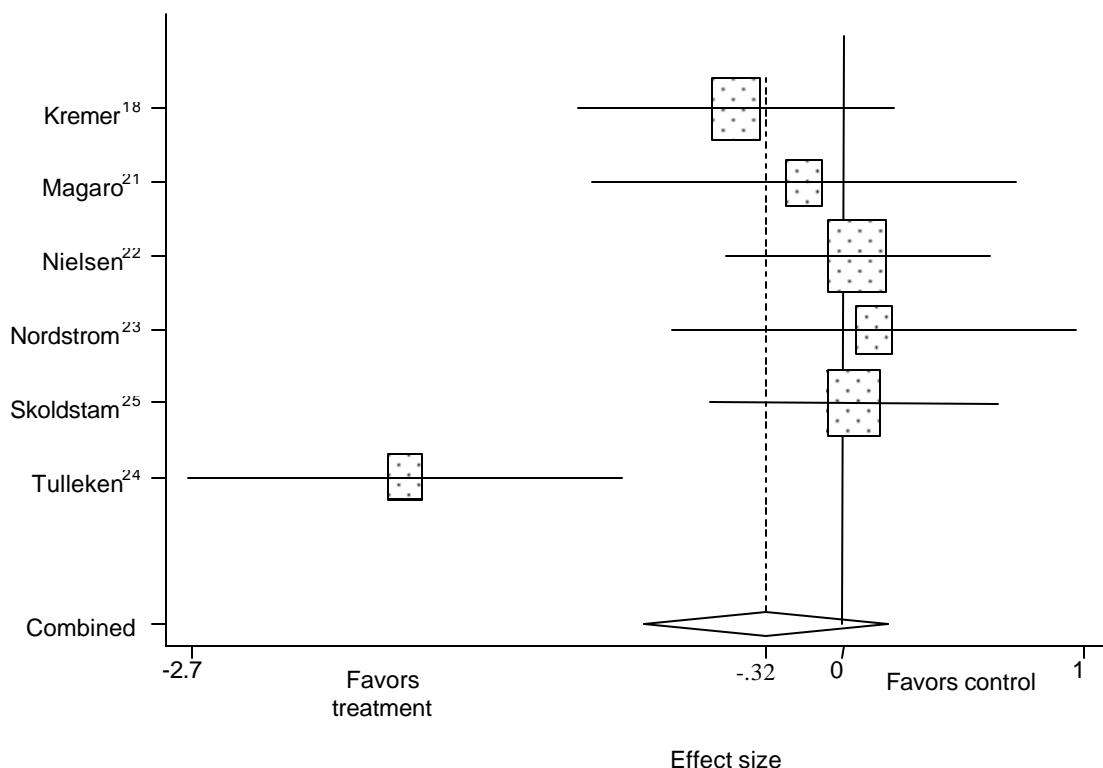


Figure 3.12. RA: patient global assessment.

